



CLASS SCHEDULE - ETOBICOKE - BEGINS SEPT 2

	Special Series	Group Fitness	Baby Gym	Kids Zone			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	Gym Class Heroes Brennan	HIIT the Legs Mercedes NEW		Full Body Sweat Lauren NEW	Bells & Core Phil		
6:00AM		Mens Small Group Phil	Mens Small Group Brennan	Mens Small Group Brennan	Mens Small Group Brennan	8am Womens Small LVL 1 / 2 Group	
8:15AM						Upper Body Sweat Christine	Deep Flow Meredyth
9:15AM			Fundamental Core Pieta	Full Body Sweat Lina	HIIT The Legs Nicole NEW	Gym Class Heroes Christine	Full Body Sweat Lina NEW
9:15AM				Baby Gym	Baby Gym NEW	Mens Strength Circuit Brennan	Strength Circuit Lauren
10:15AM	HIIT The Legs Lina	Low Impact Fitness Nicole	Flowga Meredyth NEW	Low Impact Pilates Lina	Full Body Sweat Christine	9:15am Baby Gym + Kids Zone	9:15am Baby Gym + Kids Zone
10:15AM	Baby Gym	Womens Small Group LVL 1 Mercedes			Baby Gym	Super Circuit	10:30am Super Circuit Lauren
11:15AM	Full Body Sweat Lina	HIIT & Flow Mercedes	Full Body Sweat Christine	So Barre Core Lina	Strength Circuit Nicole	10:15am Baby Gym + Kids Zone	10:30am Baby Gym + Kids Zone
11:15AM	Baby Gym	Baby Gym	Baby Gym	Baby Gym	Baby Gym	Gym Class Heroes NEW	10:30am Power Pilates Lina
11:15AM	8-Week Mom & Baby Core Strength	6-Week Mom & Baby Yoga		Womens Small Group LVL 2 Nicole NEW	8-Week Mom & Baby Pilates & Strength NEW		
12:15PM	Strength Circuit Brennan	Step Up Mercedes	Strength Circuit Mehrnoosh NEW	Gym Class Heroes Mehrnoosh NEW	Power Pilates Lina NEW		
12:15PM	Baby Gym	Womens Small Group LVL 2 Christine	6:15pm Family Super Circuit (12 YO +)		Womens Small Group LVL 2 Nicole		
6:15PM	Intro to Hyrox Mercedes NEW	6pm Mens Small Group Phil	7:15pm Womens Small Group LVL 2 Christine	4:45pm Bells & Core Lauren	12:15pm Baby Gym		
7:15PM	Womens Small Group LVL 2 Mercedes	Strength Circuit Phil	8:15pm Womens Small Group LVL 1 Christine	5:45 Power Pilates Jennifer			
8:15PM	Full Body Sweat Nicole		Gym Class Heroes Meredyth NEW				